Mountain Weather Forecast

Lake District National Park

Forecast valid from 06:00 on Sunday 17 Mar 2024 until 23:59 on Monday 18 Mar 2024

Forecast Issued on Sunday 17 Mar 2024 at 02:55

Confidence: High confidence for an improving picture on Sunday with some brighter conditions by the afternoon, lower confidence about low cloud detail on Sunday morning and Monday. Remaining mostly unsettled with periods of stronger west or southwesterly winds and rain at times over the coming week.

Headline for Sunday 17 Mar 2024: A damp start on Sunday but becoming drier with cloud thinning and clearing to allow some brightness during the afternoon, fresh southwesterly winds.

Mountain weather hazards on Sunday 17 Mar 2024

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Medium Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Drizzle	Cloudy	Cloudy	Sunny intervals	Cloudy	Drizzle
Precipitation probability					
40%	30%	20%	10%	10%	20%

Forecast for Sunday 17 Mar 2024

Weather: A cloudy start to the day with some light rain and drizzle especially around the southwestern fells. Cloud beginning to lift and clear during the morning with some brighter spells developing in the afternoon, especially around the Northern Fells. In any afternoon sunshine a few showers may develop later in the day. Cloud likely to lower with some patchy light rain in places during the evening.

Chance of cloud-free hill tops above 800m: 10% improving to 70% later, southernmost fells likely to remain cloudy for most of the day.

Low cloud and visibility: Broken or overcast layers of low cloud above 200m in the morning will slowly lift and clear during the morning, scattered layers likely to be above 400m by lunchtime with some cloud breaks around the higher summits during the afternoon. Cloud becoming broken again later in the day. Visibility poor in the morning in light rain and drizzle but becoming good during the afternoon, perhaps moderate again later in the day and the evening.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Mountain Weather Forecast

Forecast for Sunday 17 Mar 2024

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	26/31 S	22/26 S	17/21 S	20/25 SW	24/30 S	20/26 SW	22/28 SW
600	24/31 S	19/24 S	13/17 S	17/22 SW	19/26 SW	16/22 SW	16/21 SW
300	6/19 S	7/20 S	6/15 S	7/18 S	7/20 S	6/16 S	6/19 SW
Valley	6/17 S	5/15 S	6/14 S	7/16 SW	7/18 S	5/15 SW	5/14 SW

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	6/0	6/0	5/1	6/1	5/-0	4/-1	3/-2
600	7/2	7/3	7/3	7/3	7/2	6/2	5/0
300	8/6	8/6	8/6	8/6	8/6	7/5	6/4
Valley	9/8	9/8	9/8	10/8	9/8	9/7	8/7
Freezing Level*	1800m	1700m	1700m	1600m	1700m	1700m	1200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Freezing level above all summits, still a cold feel on the higher tops.

Forecast for Monday 18 Mar 2024

Weather: A showery start to the day but becoming brighter later with some sunny intervals during the afternoon. A chance of rain during the evening.

Maximum wind: Southwesterly 15-20mph with gusts 25mph.

Chance of cloud-free hill tops above 800m: 60% improving to 90% in the afternoon.

Low cloud and visibility: Scattered or broken layers of low cloud above 500m during the morning, these lifting and clearing to leave most summits cloud free for a time in the afternoon. Cloud thickening and lowering during the evening. Visibility will be moderate at first but becoming good or very good during the afternoon.

Temperature: **Valleys:** Plus 7 rising to 11 Celsius.
At 800m: Plus 2 Celsius rising to 5 Celsius.
Freezing level: Falling to 900m briefly, then rising above all summits.

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Ground Conditions Supplement

Date: Friday 15 March 2024 Location: Helvellyn summit at 12:15 Full report: As has been the case over the past few days, it was above freezing and precipitating on the summit around midday with the slight contrast that it was just drizzling, rather than Wednesday and Thursday's heavy rain, and only marginally above freezing. Despite this, the thaw continues albeit now at a snail's pace simply because there remains little snow left to melt! As far as we are aware, all Lakeland paths are now free from unavoidable snow and ice including exposed routes such as the Helvellyn Edges. Indeed Striding Edge now has no snow at all along its entire length. Similarly, the vast majority of the fells are now free from snow with the little that remains being almost entirely situated above 900m at the top of steep north and east facing aspects. As such, it represents no hazard to walkers. The main hazards encountered today were the same as the previous days namely poor visibility in the low cloud and drizzle, the strength of the wind (although this was less than yesterday) and the damp, slippery nature of the ground underfoot especially when traversing wet rocks. Despite the above average temperatures this week, the summit windchill (what the temperature actually feels like) remains below freezing (minus 7 degrees C around midday). Thus full winter clothing (waterproofs, extra warm layers, hat & gloves), mountain boots and equipment, including a torch, are all essential to safely, and enjoyably, roam the fells. As mentioned, visibility was again poor today, so a map and compass together with the ability to use them and navigate competently when landmarks can't be seen is also essential. At the time of writing, temperatures are forecast to fall below zero at altitude tonight so, with the ground being saturated, walkers heading for the highest fells on Saturday should be prepared to encounter ice on paths and rocks. As such, microspikes may be a sensible addition to your rucksack. Temperature: plus 1.4 C, Maximum wind speed 26.6 mph, Wind chill: minus 6.5 C, Average wind speed: 20.6 mph

Issued at: 02:55 on Sun 17 Mar 2024

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